

Guiseley Primary School Physical Activity Policy (October 2017)

1.0 Introduction

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with *physical inactivity*. Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness. Simple games during early childhood helps to improve confidence and instil a sense of achievement. Sedentary behaviour can lead to an increase in social and emotional health concerns

The Chief Medical Officers Physical Activity Guidelines 2011 state, 5-18 year olds should be physically active for at least 60 minutes (1 hour) every day, which should range between moderate-intensity activity, such as cycling and playground activities and vigorous-intensity activity, such as fast running and tennis.

Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Guiseley Primary School is committed to promoting the health and well-being of its children, families and staff through physical activity.

2.0 Rational & Ethos

This policy was completed in October 2017 in consultation with staff, governors and the collected views of parents and pupils. It recognises how physical activity is essential for good health and can bring around whole school improvement through impacting attendance, behaviour and pupil attainment.

Guiseley Primary School believes that physical activity experienced in a safe, supportive environment is vitally important to a child's physical and emotional development and health.

This policy, in addition to the Physical Education policy, SEN policy, School Sports Funding Report and School Development Plan, outlines the aims, objectives, resources, provision and partnerships we have at Guiseley Primary School regarding physical activity.

3.0 Aims

To promote physical activity to the whole school community, supporting them to meet the Chief Medical Officer's physical activity guidelines.

4.0 Objectives

Guiseley Primary School:

- * Provides all pupils with information about the importance of physical activity and engage in active learning
- * Provides opportunities to be physically active during the school day and beyond
- * Shares relevant information with families
- * Promotes the importance of physical activity as part of school staff health and wellbeing

5.0 Equal Opportunities and Inclusion

Guiseley Primary School ensures that Physical Activity is accessible to all pupils and staff members regardless of age, gender, additional needs and ability.

Activities are adapted, differentiated and a range of equipment is available to meet the needs of **all** pupils (see SEN and PE policy).

All pupils are encouraged to fully engage in Physical Activity during curriculum time (active learning) and outside of the curriculum, including before and after school, during breaks and lunchtimes.

Staff are given any training required to support and promote Physical Activity and have access to a wide range of equipment and resources to aid this training.

6.0 Facility, equipment & resources

Children at Guiseley Primary School have access to the playground and school field each day (weather dependent). Children in FS1 & FS2 have their own outdoor areas that they have free flow access to throughout the school day.

Equipment is provided at lunchtime by lunchtime staff, which all children have access to.

The PE co-ordinator is responsible for purchasing and maintaining all portable equipment which includes skipping ropes, hoops, bean bags (see Health and Safety policy for further responsibilities of staff and equipment, including the fixed trim trails).

7.0 Out of School Hours Learning OSHL

Opportunities for physical activity are made available to all year groups:

- Pupils are welcome to be physically active prior to registration
- Break times – children encouraged to be physically active by all staff on duty
- Lunchtimes – lunchtime clubs run by teaching staff, activities run by lunch staff/students and playground leaders and a wide selection of equipment such as skipping ropes, balls, hoops etc.
- After school – a wide range of after school clubs are offered by staff and outside organisations (See the school sports board, website or PE policy for more details)

8.0 Curriculum provision

Pupils at Guiseley Primary School have 2 x 1 hour lessons per week of Physical Activity. Pupils in FS2 access 1 x 1 hour lesson per week and a dance session, with the additional free-flow access to the Quadrangle.

The school PE policy supports the Physical Activity policy with the aim to promote physical activity within the whole school community through our curriculum provision.

Active Learning is provided throughout school, within the curriculum where appropriate

9.0 Childhood Obesity Plan 2016-physical activity minutes

The government's 2016 Childhood obesity plan states schools will need to provide a minimum of 30 minutes physical activity through the school day for all pupils, including lesson time, break, and lunchtimes (excluding time for PE).

Opportunities for all children to participate in physical activity are offered outside of the curriculum. Active Learning is used during curriculum time. All teachers are aware of the 30 active minutes and encourage it. The 30 active minutes can be achieved during curriculum time, break, lunch and after school.

All staff are involved in supporting 30 active minutes for all pupils. They are delivered throughout the day before, during and after school.

This year, 2017 – 2018, we are encouraging children to be active for 30 minutes in school and 30 minutes outside of school hours by taking on the '30:30' challenge. Children are awarded a certificate after being active for 60 minutes on 10 separate days. Bronze, silver and gold wristbands are awarded to children who are active for 60 minutes every day for approximately 80% of the term.

10.0 School Staff/Adults Supported Learning/Leader Development

The Head teacher and PE, Sport and Physical Activity Leader are responsible for developing, improving and monitoring the policy. Like many other schools, Guiseley Primary School currently receives the 'Sport Premium Funding' each year to support physical activity opportunities. Further information on this can be accessed on the school website.

Staff in school have access to a wide variety of physical activity resources and equipment to help them deliver high quality physical activity, within school that is added to and updated each year. They have access to a range of courses and training linked to physical activity through 'Active Schools' and training opportunities through 'Leeds School Wellbeing,' which they are informed of each term.

Staff CPD needs are identified and acted upon where possible each year, by monitoring the responses from a staff PE, Sport and Physical Activity questionnaire.

11.0 Staff Physical Activity Engagement

The wellbeing of staff is very important at Guiseley Primary School. Staff are offered a weekly Pilates session and any leaflets relevant to supporting and engaging staff in physical activity themselves are displayed in the staff room. A range of staff run their own lunch time/after school clubs and are therefore involved in activities with pupils.

12.0 Partnerships

We engage with a number of other organisations to raise the profile of and support the engagement of our pupils in physical activity, including:

- *Leeds Active Schools who organise and run a large number of events throughout the school year for our pupils to participate in.

- *Informing our pupils and families of 'Change4life' website and events.

- *Sending out information linked to events and opportunities at our local leisure centre and local clubs.

- *The local Aireborough cluster organisation for PE, Sport and Physical Activity, and the Leeds North West School Sport partnership, each organise and run a number of events for our pupils to participate in throughout the year.

- *Display leaflets and posters.

13.0 Family engagement

We share information about physical activity in school in a number of different ways. A weekly newsletter containing a 'PE, Sport and Physical Activity' section is emailed to parents as well as leaflets for school-club links, local activities and events. Parents are informed of extra-curricular activities, festivals and competitions, and the school website has a half-termly overview of all extra-curricular opportunities.

We also have a PE, Sport and Physical Activity web page, where information, photographs and children's sports reports can be found.

14.0 Links to other areas of school improvement

At Guiseley Primary school, we understand that physical activity is extremely important. We monitor children and specific groups, such as Pupil Premium children to ensure all our children have opportunities to be active and physical in and outside of school.

The school development plan includes targets related to physical activity. Pupil Premium children are targeted with additional extra-curricular activities, which are run at no cost to the parents. Registers of sports clubs and competitions or festivals are monitored and all children are given the opportunity to participate in these throughout each academic year. Children with special educational needs are given opportunities to attend sporting events, which are specifically for children with additional needs. Clubs, such as Lego therapy and multi-skills, offer alternative physical activity for all pupils.

The Sports Premium funding is used to increase the number of children attending sports clubs, activities and competitions. Specific groups, such as SEN and pupil premium are targeted as well as those at risk of inactivity and subsequently future health problems. Long term, we are hoping to develop our grounds so we are able to have more space available for sporting clubs and physical activity throughout the day and before and after school. We are committed to the continued professional development of our staff and provide regular opportunities such as coaching in lessons, staff training and support from external agencies.

15.0 Active Travel

Our school has a travel plan, which is updated regularly by the Healthy Schools leader. The travel plan is available on the 'Modeshift' website hosted by Leeds City Council.

Parents, governors, staff and pupils have all been involved in its development through questionnaires, school council meetings and staff meetings.

At Guiseley Primary, we actively encourage active travel by pupils and families and have ample bike and scooter storage for staff and pupils. There is a crossing outside the main school entrance, to help children cross the main road safely.

There is a shower available for staff and room for changing and storing clothing and equipment.

In upper Key Stage 2, the children have Bikeability training over 2 x full days and KS1 have pedestrian training.

Each year, a Road Safety Awareness week is celebrated in school and children receive specific road safety lessons during PSHE and assemblies.

16.0 Evaluation

Physical activity, PE and Sport is regularly evaluated using the Healthy Schools Self-assessment tool as well as the Quality Mark Self Audit tool on the Youth Sports Trust website. Regular cluster meetings and PE subject leader days run by the School Sports Partnership, enable the PE/sports leader to keep abreast of new initiatives, ideas and tools to improve PE and physical activity opportunities at Guiseley Primary.

Date completed: October 2017

Date of review: September 2018

Teacher signed: C Adair